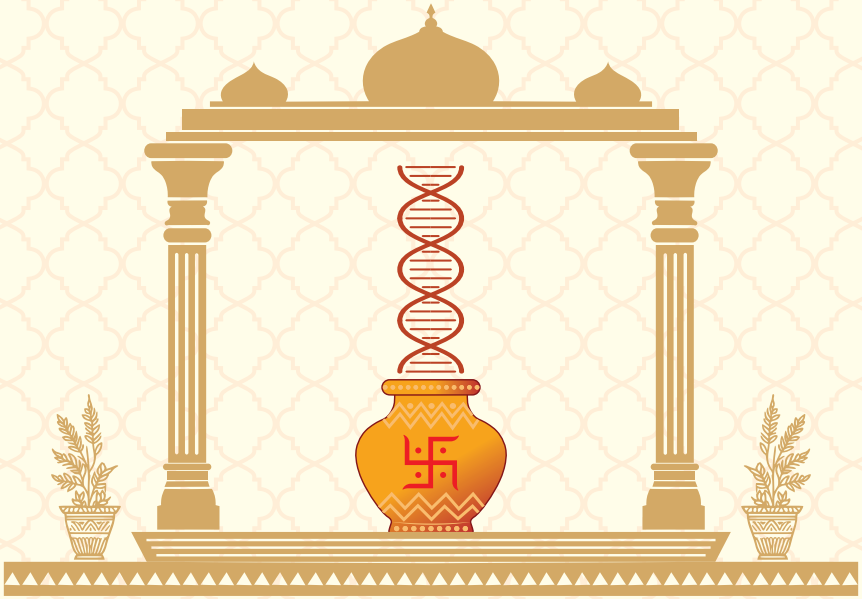
Shubh Vivaah Ki Suraksha

THE MARRIAGE BLESSING GUIDE

PARAMPARA AUR VIGYAAN, SAATH-SAATH

41-Guna Match™(complete kundali) :
36 horoscope guna + 5 science-backed health



Love stronger, live healthier - **doctor-reviewed**
Medical Kundali unites blessings and science to
protect partners, future children and family peace.

शरीरमाद्यं खलु धर्मसाधनम्।

The Body is the First Instrument of Dharma

As a vaidik priest, I see **Medical Kundali** as swasthya-milan that respectfully **complements** janma-kundali, not replaces it. Our dharma reminds us: **"शरीरमाद्यं खलु धर्मसाधनम्।"** (the body is the first instrument of dharma). When a couple enters **grhastha āśrama,** protecting health, future children (santati-rakṣā), and family peace is a sacred duty. I bless couples who choose both: stars for guidance, science for safeguard. May this step fulfill the prayer: **"सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः"** (may all be happy, may all be free from illness).

धर्मो रक्षति रक्षितः **When we protect dharma through health, dharma protects us.**

स्वस्थ जीवन ही सुख की कुंजी।

What is Marriage?

Marriage is two families and two hearts choosing one path - sharing respect, responsibilities, and dreams. It's daily teamwork: listening, caring, growing together, protecting health and happiness, and building a future where love, trust, and tradition stand side by side.

Marriage Concept

Marriage is beautiful-but it's also real life. Two worlds meet: families and their expectations, money choices, career pressure, and the simple problem of finding time for each other. Small differences-early bird vs night owl, veg vs non-veg, habits, prayers and festivals can create unexpected friction. Health surprises, fertility worries, stress, or unspoken emotions can touch mood, intimacy, and peace at home.

None of this means your love is weak-it means you're human. What protects love is simple and brave: honest conversations, shared routines, gentle boundaries, and timely health clarity. Talk openly, plan together, check your health before and after marriage, and seek guidance when needed.

Because the strongest relationships don't rely on chance-they're nurtured with truth, care, and great health.

Important Things to Discuss Before Saying 'I Do'

Values & Faith

How important are rituals, festivals, honesty, and independence?

Family & Living

Joint vs. nuclear, city vs. hometown, support for parents.

Money Matters

Earnings, savings, investments, loans, who handles what, transparency.

Careers & Time

Ambitions, relocations, work hours, vacations, quality time rules.

Children Plan

If/when, how many, fertility openness, parenting styles.

Lifestyle Fit

Veg/non-veg, alcohol/smoking, fitness, sleep, screen time, social life.

Household Roles

Chores, mental load, non-negotiables.

Privacy & Boundaries

Friends, exes, social media, phone etiquette.

Intimacy & Emotions

Love languages, conflict style, apology/repair.

Health Transparency

Past issues, family history.

Why Health Matching Matters

Health matching turns unknowns into confidence: it screens genetic carriers, silent infections, and mental-wellness risks, and checks lifestyle fit. Couples get clear, guidance to protect fertility, future children, and daily harmony - fewer surprises, fewer costs, and a calmer, trust-first marriage. Love is a promise; health match makes it practical.

In the end, great health is the foundation on which every great relationship stands.

Medical Kundali™ (41-Guna Match) : 36 horoscope guna + 5 science-backed health

1 PHYSICAL GUNA
Daily Health Harmony

Energy, immunity, thyroid, sugar, anemia, heart markers. Fewer surprises; more shared stamina for life.

2 EMOTIONAL GUNA
Feelings Fit

Empathy, repair style, intimacy comfort. Safer hearts, kinder conversations.

3 MENTAL GUNA
Mindset Match

Stress tolerance, sleep, focus, goals. Same team, same page.

4 SOCIAL GUNA
Family & Culture Sync

Veg/Non-veg, rituals, money rules, home roles, boundaries. Two families, one peace.

5 GENETIC GUNA
Future Child Safety

Thalassemia, Sickle Cell, G6PD, hemophilia carriers; Rh review. Bless tomorrow, plan today.

36 + 5 = Complete Kundali

Genetic Disorders (Genetic Guna)

Genetic disorders are conditions passed through genes from **parents to children**. Two healthy carriers can have a child with **serious illness**. Premarital screening reveals carrier status early - informing safe choices, clear planning, and a **healthier future together**.

Thalassemia (preventable): 3–4% Indians are carriers (35–45 million). Every year 8–10k babies are born with Thalassemia Major — screening both partners prevents it.

Sickle Cell Anaemia: Carrier rates vary 1–35% in some regions/communities. India's national mission targets 7 crore people; by Sep 2024, 1.14 million carriers (2.72%) and 1.64 lakh (0.39%) SCD cases were identified via screening.

G6PD Deficiency: Community-specific prevalence 2.3–27% in India (higher in many tribal groups). Triggers from certain drugs/foods (e.g., fava beans) can cause dangerous haemolysis — knowing status avoids crises.

Haemophilia: India has at least 22,133 people with Hemophilia A and 3,687 with Hemophilia B identified in national reports; many remain undiagnosed. Awareness and carrier counselling matter.

Family-History Genetic Risks (others): Indian guidelines emphasise screening for common hemoglobinopathies and selected congenital disorders (e.g., Down syndrome) before or early in marriage/pregnancy.

"Jaise mandap ki chhat suraksha deti hai, waise hi genetic test aapke bachchon ko suraksha deta hai."

Infections & STIs (Physical Guna)

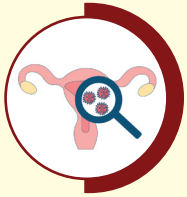
Infections & STIs are often silent (HIV, Hepatitis B/C, syphilis) yet impact **fertility, pregnancy, and partner safety**.

A discreet premarital screen + timely treatment/vaccination **protects both partners and future babies** - preventable, confidential, doctor-guided care. This also includes liver, immunity, thyroid, sugar, anemia, heart markers.

HIV (often silent): India has ~2.54 million people living with HIV; adult prevalence 0.20% (2023). Early ART → U=U (undetectable = untransmittable): zero sexual transmission risk. Timely testing protects partners and future pregnancies.

Hepatitis B & C (quiet liver damage): India has ~40 million living with Hep B and 6–12 million with Hep C. Early diagnosis enables Hep B vaccination/monitoring and Hep C cure (>95% with DAAs).

Syphilis (curable but missed): National surveillance shows antenatal seropositivity ~0.1% (higher in some states). One benzathine penicillin dose cures early syphilis and prevents congenital infection.



Silent STIs (general rule): Many STIs have no symptoms; people can transmit without knowing. Routine screening + prompt treatment stops spread and protects fertility.

Routing health: Most issues are silent in 20s-30s yet shape energy, pregnancy safety, and long-term heart-kidney-liver health. One proactive screen protects both of you-and your future family.

“Pehle jaanch, phir vivaah silent risks ko no.”

Mental Health (Mental Guna)

Mental health is how you think, feel, cope, and connect. In marriage, it shapes patience, communication, and intimacy. Gentle screening and open conversations spot stress, anxiety, or addiction early - so couples seek help, set boundaries, and protect love with care.

Hidden burden is real

1 in 7 Indians lived with a mental disorder in 2017

Big treatment gap

10.6% adult prevalence, but >60% untreated

Depression's impact

WHO reports ~5% of adults globally suffer depression

Lifestyle Compatibility (Social & Emotional Guna)

Lifestyle compatibility is how your daily habits fit together. Love turns into harmony when the little things are aligned.

- Sleep rhythm sync
- Food & kitchen norms (veg/non-veg/halal/fasting)
- Prayer & festivals
- Family living setup
- Money map (income, expenses, loans, transparency)
- Alcohol & smoking disclosure
- Fitness & health routines
- Screens & phone etiquette
- Chores & mental load sharing
- Children plans
- Empathy

What is a Medical Kundali?

Medical Kundali is India's first pre-marital health and compatibility platform designed for modern couples.

We combine trusted diagnostics, mindset matching, and expert counselling to offer a complete picture of your relationship readiness. Every report is confidential, scientifically validated, and tailored to guide your future.

Medical Kundali

BECAUSE LOVE DESERVES CLARITY -
AND MARRIAGE DESERVES MORE THAN GUESSWORK

What You Get (Reports & Services)

Included Reports & Services	What You Get
Personal Kundali	Key personal details (age, bio, religion, diet, profession, etc.) to establish lifestyle context.
Medical Kundali	Full health compatibility score across general health, genetics, mindset, lifestyle, and emotional well-being with match recommendations (remedies) to get 100% compatibility.
Blood Kundali	50+ blood parameters : Blood Group, Thalassemia, STI Panel, Anemia markers, HIV, Hepatitis B, and more.
Lifestyle Compatibility Check	Habits, sleep, addictions, exercise and work-life balance assessment.
Social & Psychological Compatibility	Mindset, expectations, emotional fit analysis.
Doctor-Reviewed Final Report	Verified results with easy-to-understand guidance and preventive recommendations (remedies).
Medical Kundali Match (Couple Report)	After both partners complete their Medical Kundali, we generate a combined compatibility report showing strengths, risks, and improvement paths.
5-Year Marriage Wellness Coaching	Once couples confirm their partner, we provide annual life-coach conversations & updates for 5 years - customised to their compatibility profile.
100% Confidential & Encrypted	Your data stays private - always shared with consent only.

Why Medical Kundali?

Because your future deserves more than guesswork.

Many couples rely on horoscopes or basic health packages before marriage. But real compatibility is built on **science, health, and understanding** - not assumptions.

Medical Kundali gives you a **360° health & compatibility match**, reviewed by doctors, scored by science™, and designed for today's couples who value both love and responsibility.

How We're Different - and Why It Matters

Attribute	Traditional Horoscope	General Health Package	Medical Kundali
Scientific Accuracy	Based on astrology & belief	Limited to basic lab reports	AI-powered, evidence-based scoring™ across 6 core testing spaces
Doctor Review	None	Rarely included	Every report is reviewed & verified by qualified doctors
Genetic Compatibility	Not covered	Not included	Detects inherited risks like Thalassemia, Sickle Cell, and G6PD more
Emotional & Social Harmony	Not assessed	Not assessed	Psychological & social compatibility testing for long-term happiness
Confidentiality & Privacy	Not applicable	Varies	100% encrypted, confidential your data is secured
Lifestyle Compatibility	Not assessed	Not assessed	Aligns habits, routines & long-term wellness goals
Pre-Marital Counselling (Emotional Guna)	Not available	Not available	Expert guidance to understand results & prepare for a healthy marriage

OUR PROMISE: PROTECTION FOR YOUR HEALTH, CLARITY FOR YOUR MIND, AND CONFIDENCE FOR YOUR MARRIAGE.

Accuracy & Trust

The **Medical Kundali™** is based on **clinically validated lab tests, a patent-applied compatibility scoring system**, and doctor-verified assessments — making it one of the most comprehensive and accurate pre-marital health reports available today.

Here's how we ensure accuracy

- **Medical-grade labs** — NABL/CAP partners; ICMR-aligned protocols. Hospital-level quality.
- **Doctor + AI score** — Labs + lifestyle + mindset combined; expert-reviewed. Scored by Science™ (Patent Applied).
- **Marriage-relevant** — Genetic/fertility risks, infections, lifestyle, addictions, emotional compatibility. A true **360°** report—not just lab numbers.
- **Expert counselling** — A doctor explains results, risks, remedies, and next steps—**privately** and **calmly**.

Outcome: Clear, Confident marriage decisions

Medical Kundali = Lab Test Accuracy + Science-Based Matching + Doctor Verification + Counselling

Voices of Wisdom

DOCTORS AND EXPERTS FEEDBACK

Gynecologists' Feedback

Medical Kundali as practical protection: combined STI, thalassemia trait, thyroid, anemia and metabolic checks; doctor-reviewed guidance for cycle health, PCOS risk, vaccinations and conception timing. Fewer surprises, clearer planning, and respectful privacy help couples start pregnancy journeys confidently.

Geneticists' Feedback

Medical Kundali for revealing silent carrier states-thalassemia, sickle cell, G6PD, haemophilia-before marriage. When both carry a trait, couples receive informed options; when only one does, reassurance. Result: truth without panic, healthier family planning, and dignity for both families.

Psychiatrists' Feedback

We praise Medical Kundali's gentle mental-wellness screen: stress, sleep, mood, coping and substance risks with stigma-free tips. Partners talk earlier, set boundaries, and seek help sooner when needed. Confidential sharing builds trust, creating emotional safety and resilience for married life.

General Physicians' Feedback

As General physicians I value Medical Kundali's single, doctor-reviewed snapshot: vitals, CBC, lipids, HbA1c, TSH, and key infections. It catches anemia, diabetes and thyroid risks early, gives clear preventive steps, vaccination advice and lifestyle coaching—simplifying care, reducing surprises, and protecting couples' privacy.

Marriage Counsellors' Feedback

I see couples rely on horoscopes or basic health packages. Real compatibility rests on science, health, and understanding-not assumptions. Medical Kundali delivers a 360° health & compatibility match-doctor-reviewed, Scored by Science™-for couples who value love with responsibility and harmony.

Couple Review After Medical Kundali

Shivam S. from Uttar Pradesh

"We've been planning our wedding for months... but I never thought about checking our health compatibility until I saw this app."

Pranab Patel from Bangalore

"If you're getting married soon, don't wait for surprises after the wedding. Download the app, book your test, and start your marriage on the healthiest, happiest note possible."

Suryansh Singh from Mumbai

"What really got me was the privacy and convenience. No awkward hospital visits - just I download the medical kundali app and applied in 10 min then someone comes to our home, collects the sample, and in just 48 hours we get a detailed report... plus a compatibility score we can share securely with each other.

It made me feel like we were taking a smart, loving step to protect our relationship and future kids. And honestly? That's more romantic than any gift."

Abhisek from Mumbai

"From the first screen, I could tell this wasn't just another health check. It felt personal - like it was made for couples like us. Signing up was quick, and choosing from the four test categories - Physical Health, Genetic Health, Lifestyle, Social & Psychological - made me realize this was about our entire future, not just a medical report."

Simple Steps. Solid Clarity.

FROM HOME PICKUP TO DOCTOR-REVIEWED RESULTS AND COUPLE-MATCH SCORE.

Pehle Check, Phir Vivaah

Step 1 - Apply (10 minutes)

Fill a secure form with basic details and lifestyle inputs. Pick a home sample pickup slot. Consent settings are in your control.

Step 2 - Home Sample Pickup

Certified phlebotomist collects samples at your doorstep. Tests run at **NABL/CAP labs** under **ICMR-aligned** protocols.

Step 3 - Doctor-Reviewed Report (48–72 hours)

Get color-coded results covering **genetics, infections, general health, lifestyle & mindset**. Your **compatibility score is Scored by Science™ (Patent Applied)** and **reviewed by doctors**.

Step 4 - Share & Match (by consent)

Privately share your report with your partner to generate a **Couple Match Report** (strengths, risks, remedies).

Step 5 - Counsel & Continue

Optional doctor/coach session to explain results and create a **5-year wellness plan** aligned to your compatibility needs.

BLESS TOMORROW, PLAN TODAY